

Keep the family fit

on

WINTER DISHES MADE WITH MILK

NOURISHING SOUPS

VEGETABLE SOUP

1 pint milk. A few carrots, onions, stick of celery, potatoes, turnips. Salt and pepper. Small knob of butter.

Wash the vegetables, cut in small pieces, cook until soft in small quantity of water and butter. Press through a sieve, retaining all liquid. Add the milk, bring to boil. Add seasoning last.



QUICK TOMATO SOUP

1 pint milk, 1 oz. butter, 1 oz. flour, tomato ketchup, sauce, or small tin tomatoes. Salt, pepper.

Melt butter in saucepan; stir in flour until absorbed by butter. Add milk and boil. Add tomato ketchup or sauce to taste, or sieved, tinned tomatoes. Boil 5 minutes, season, and serve.



MACARONI SOUP

1 cupful cooked macaroni, 2/3 oz. grated cheese. 1½ oz. butter, yolk of 1 egg, 1 tablespoonful cornflour, 1 quart milk. Seasoning.

Melt butter in saucepan, stir in cornflour and cook a minute. Draw saucepan to side of fire, pour in milk. Return to heat, stir until boiling. Cook gently 10 minutes.

Add cooked macaroni, cut in small pieces. Season to taste, sprinkle in grated cheese. Beat egg yolk, with a dessertspoonful cold milk. Stir in the egg just before serving.



BARLEY SOUP

1 oz. dripping, butter or margarine. 1 oz. flour. 1 pint milk. 2 oz. pearl barley. A stick or two of celery. 1 onion. 1½ pints stock.

Melt the fat, add chopped celery, sliced onion. Cook gently, do not brown. Stir in flour, then washed barley. Pour on stock and milk. Bring to boil, simmer gently 1½ hours. Rub through sieve, return to pan, reheat, adding a little more milk if necessary. Serve with dice of fried bread or toast.



MILK SOUP

2 spanish onions, 2 oz. rice, 2 oz. butter, 2 to 3 sticks celery, pinch nutmeg chopped parsley, 1 pint milk, 1½ pints water, seasoning.

Melt half the butter in a pan, add chopped celery and onions, cover and heat gently for 5 minutes. Add water and rice, simmer 1 hour, stirring occasionally. Add milk, previously scalded, chopped parsley, seasoning to taste. Bring to boil, serve in hot soup tureen, and stir in rest of butter in small pieces.

HEARTY DISHES FOR

SAUSAGE TOAD-IN-THE-HOLE

4 sausages. 4 oz. flour. $\frac{1}{2}$ pint milk. 1 egg. Pinch salt. A little fat.

Sieve flour and salt into basin, make a well in centre, drop in unbeaten egg. Add half the milk, stirring in gradually. Beat well. Continue to add milk gradually, beating it in. Skin sausages and cut in convenient pieces (or use whole if liked). Melt a tablespoonful of fat in a meat-tin, when it is smoking hot pour in batter, put in sausages, and bake in a quick oven 40 minutes.



EGGS IN A BLANKET

4 hen's or duck's eggs. 1 oz. margarine 1 oz. flour. 1 teaspoonful anchovy essence (if liked), 1 teaspoon chopped parsley. Pepper and salt. $\frac{1}{2}$ pint milk.

Boil the eggs for 5 minutes, until they are firm (not hard) enough to shell. Melt the margarine in a pan, stir in the flour. Place over gentle heat for a few minutes, stirring all the time, but not browning the mixture. Add the milk, a little at a time, and the seasoning, stirring until boiling point is reached. Then add anchovy essence, and simmer for 7 minutes. Arrange shelled eggs down centre of a dish, pour the sauce over them. Garnish each egg with a line of parsley.



STEWED RABBIT

1 rabbit, 3 small onions. 3 carrots. Stick celery. 2 oz. butter. $1\frac{1}{2}$ oz. flour. 1 pint milk. Little water. Mixed herbs, salt, pepper, lemon juice.

Clean and joint rabbit, put with vegetables and herbs into a pan, add sufficient water and milk to cover, simmer for 2 hours. Ten minutes before the rabbit is done, put butter in a pan, and when melted, stir in

flour. Add pint of milk. Bring to boil, cook for 5 minutes. Take off fire, carefully stir in juice of half a lemon, pepper and salt. Arrange rabbit joints on hot dish, pour the sauce over.



SAVOURY OATMEAL PUDDING

2 eggs. $\frac{1}{2}$ pint milk. 4 oz. oatmeal. 1 tablespoonful chopped onion. 1 breakfastcupful minced cooked meat or ham. 1 oz. butter, dripping or chopped suet. Pepper, salt and parsley to taste.

Melt fat in a saucepan, add onion, cook gently for 5 minutes. Add the oatmeal (well-dried) the milk and seasoning. Cook another 5 minutes. Take off the fire. Beat the egg, stir it into the mixture together with meat and parsley. Put into a greased bowl, cover with greased paper, steam for 1 hour. Turn out and serve with onion sauce.

ONION SAUCE

Melt 1 oz. of butter in a saucepan, stir in 1 oz. flour, then add $\frac{1}{2}$ pint milk. Bring to the boil, add a chopped, medium-sized boiled onion, pepper and salt to taste, and cook for 5 minutes.



TRIPE AND ONIONS

1 lb. tripe. 2 onions. $\frac{3}{4}$ pint milk, $\frac{1}{2}$ pint water. $1\frac{1}{2}$ oz. flour. Parsley, seasoning.

Blanch the tripe, cut in pieces, put in a pan with water and whole, peeled onions and simmer until tender (about 3 or 4 hours). Make a smooth mixture with flour and the cold milk. Take out the onions, chop them, mix with flour and milk mixture. Put this back into pan with tripe, add seasoning, boil. Simmer 10 minutes, and serve garnished with chopped parsley.

R WINTER DINNERS

BAKED VEAL IN MILK

Joint of veal. Dripping. 1 pint milk.

Put veal in fairly hot oven with usual amount of dripping. As soon as it begins to brown, pour over it a pint of milk. Baste frequently. When the meat is done (about $2\frac{1}{2}$ hours for a 3 lb. joint) strain off the liquid, add seasoning to taste, but do not thicken, and serve as gravy. This recipe is good for cooking any cut of veal.



VEAL STEW

1 lb. veal, 3 onions, 2 rashers bacon. 6 small tomatoes. 1 oz. rice. 1 pint milk, $\frac{1}{2}$ pint water or stock. Pepper and salt.

Cut bacon and veal in small pieces, fry lightly. Add onions and tomatoes cut in quarters. Then add stock and milk. Put all ingredients in a saucepan and simmer 2 hours. Garnish with snippets of toast.



POTATO AND ONION PIE

2 or three medium-sized potatoes. 1 large onion. 2 oz. grated cheese. Breakfastcupful stale breadcrumbs. $\frac{1}{2}$ pint milk.

Fill a greased pudding dish with alternate layers of sliced potatoes, sliced onions and breadcrumbs. Finish with layer of grated cheese. Add the milk. Put in a moderate oven and cook 1 hour.



POTATOES BAKED IN MILK

4 medium sized potatoes. $\frac{1}{2}$ pint milk. Pepper and salt.

Grease a shallow baking dish. Cut potatoes in thick slices. Place in tin, sprinkle with seasoning to

taste. Fill tin with milk. Bake for half an hour in a moderate oven.



SCRAMBLED ONIONS

1 pint milk. 4 boiled onions. 2 cupfuls breadcrumbs. 1 egg. 4 oz. grated cheese. Pepper and salt. Slices of toast.

Bring milk to boil and soak the breadcrumbs in it for a few minutes, while you chop the onions, grate the cheese and beat the egg. Add the other ingredients, heat thoroughly and serve on hot buttered toast.



LEEKs IN MILK

1 pint milk. 5 or 6 leeks. $\frac{1}{2}$ oz. butter. $\frac{1}{2}$ oz. flour. Pinch of salt.

Trim green part from leeks and slice them thinly. Stew gently until tender in the milk, seasoning and butter. Strain into serving dish and cover with sauce made from the liquor as follows: return liquor to saucepan, make a thin paste with milk and flour, pour into boiling liquor and cook 5 minutes.



STEWED CABBAGE

2 young cabbages. 3 small carrots. 3 small onions. 2 oz. lean bacon or ham. $1\frac{1}{2}$ pints of milk. $1\frac{1}{2}$ pints of water. Pepper and salt.

Wash the cabbages and cut in shreds. Cut other vegetables in small pieces and ham or bacon in small squares. Put all in a saucepan with water and seasoning and cook till tender. Add the milk, bring to the boil gently and serve. For those who like a thicker dish, a tablespoonful of flour can be mixed with a little milk and stirred in while adding the main quantity of milk. Boil gently for at least 5 minutes before serving.

FISH IS DELICIOUS WITH MILK

CASSEROLE OF FISH

1½ lbs. white fish. 1½ oz. flour. 2 small onions. 1½ oz. margarine. 1 lb. tomatoes. ¾ pint milk. Pepper, salt, pinch mixed herbs.

Wash, skin and bone the fish. Melt fat in a casserole and add the chopped onion and flour. Blend these together, add milk, stirring well. Add herbs, seasoning. Boil for 3 minutes. Add fish in pieces. and tomatoes in slices. Put lid on casserole and simmer gently in oven for 20 minutes. Do not let it boil.



FISH BAKED IN MILK

Thick fillets of cod, hake or other white fish. Milk; the quantity varies with number and thickness of fillets. A little butter. Pepper and salt.

Put well-wiped fillets of fish in a pie dish or fireproof glass or china dish, pour in milk until it comes half-way up the fillets. Put a knob of butter and squeeze of lemon juice, pepper and salt on each fillet. Cover with a plate, place in moderate oven and bake 20 minutes.



CREAMED FINNAN HADDOCK

1 lb. cooked, flaked finnan haddock. 1 egg. 1 oz. flour. 1 oz. butter. ½ pint milk. Salt, pepper, some chopped hard-boiled egg.

Melt the butter in a pan, stir in the flour, add the milk and seasoning. Bring to the boil and cook for 8 minutes. Add the egg, beaten, and the fish. Serve garnished with little piles of the chopped hard-boiled egg. *To cook the haddock* place in a pan, cover with boiling water, put a plate or lid on the pan, and leave the fish for 10 minutes.

HERRINGS WITH MUSTARD SAUCE

3 herrings. ½ pint milk. 1 oz. butter. 1 oz. flour. Mustard to taste.

Put butter in a pan, melt it and work in the flour with a wooden spoon until creamy. Add the milk gradually, stirring all the time. Bring to the boil and cook 5 minutes. Add the mustard just before you take the sauce from the fire. *To cook the fish.* Score the herrings on each side, season with pepper and salt, brush on both sides with melted fat or salad oil. Brush the grill with fat and heat it. Grill the fish 5 minutes on each side. Serve with the sauce.



CREAMED FISH AU GRATIN

½ lb. any cold cooked white fish. 1 oz. butter. ½ oz. flour. 1 oz. grated cheese. ½ pint milk. Pepper and salt. 4 slices toast.

Melt the butter, stir in the flour smoothly, then the milk and simmer for 8 minutes. Add the flaked fish. Stir for 4 or 5 minutes. Put on slices of toast, sprinkle with grated cheese and brown under the grill.



FISH CUSTARD

1 lb. cooked white fish, or tinned salmon. ½ pint milk. 2 eggs. 1 breakfastcupful breadcrumbs. Pepper and salt.

Beat up eggs, heat milk and pour over eggs very slowly, stirring all the time. Meanwhile, have a greased pie-dish ready, with a mixture of fish and breadcrumbs in it. Pour the milk and eggs in the dish, and bake in a slow oven for about 1 hour.

HOT PUDDINGS FOR BIG APPETITES

STEAMED CHOCOLATE PUDDING

6 oz. *breadcrumbs*. 3 oz. *sugar*. 2 oz. *chocolate or cocoa*. *Vanilla essence*. $\frac{1}{2}$ pint *milk*. 2 oz. *butter*. 2 *eggs*.

Scrape chocolate and dissolve it in the milk. Work the butter and sugar together in a basin until creamy. Add the eggs, one at a time, beating each one thoroughly. Add breadcrumbs and the milk in which the chocolate has been dissolved. Stir until the ingredients are blended. Lastly, add vanilla. Stir again. Pour into well-buttered basin and steam for $1\frac{1}{2}$ hours. Serve with cream, or custard.



BOILED BATTER PUDDING

4 oz. *flour*. 2 *eggs*. $\frac{1}{2}$ pint *milk*. Pinch of salt. *Golden Syrup*.

Sieve the flour and salt into a basin, make a well in centre and break the eggs into it. Mix with a wooden spoon, using half the milk. Then beat hard. Stir in remainder of milk. Put into a well-greased basin, cover with greased paper, steam for $1\frac{1}{4}$ hours. Turn out and serve at once, with treacle or syrup poured over it.



APPLE BATTER PUDDING

4 oz. *flour*. 1 *egg*. Pinch salt. 1 oz. *castor sugar*. $\frac{1}{2}$ pint *milk*. *Butter*. 2 or 3 *apples*.

Sieve the flour and salt into a basin, make a well in the centre, break in the egg, add half the milk, stir till smooth. Then beat hard. Beat in the rest of the milk. Peel, core and slice the apples. Melt some butter in a shallow baking-tin until smoking hot. Pour in the batter, put in the apple slices and bake in a quick oven about 40 minutes. Sprinkle with the sugar and serve.

JAM FRITTERS

4 oz. *flour*. $\frac{1}{4}$ pint *milk*. 1 *egg*. Pinch of salt. *Tablespoonful castor sugar*. *Jam*. *Rounds of bread*. *Fat for deep frying*.

Sieve flour and salt into a basin, make a well in centre, break in the egg, stir in the milk gradually until you have a thick batter. A little more milk may be needed, according to size of egg. Cut thin slices of bread and butter, remove crusts, cut into rounds or triangles, make sandwiches with plenty of jam between. Coat each sandwich with the batter, place in smoking hot fat, and fry until golden brown. Dredge with sugar and serve hot.



SOUR MILK FRITTERS

$\frac{1}{2}$ pint *sour milk*. 2 *eggs*. 4 oz. *stale bread*. Pinch of salt. *Castor sugar*. Pinch of *cinnamon*.

Crumble the bread. Beat the eggs. Stir the sour milk into the eggs, then mix in the breadcrumbs. Have a pan of smoking-hot fat ready for "deep frying." Drop spoonfuls of the batter into the fat, fry until golden brown. Sprinkle lightly with cinnamon and sugar and serve hot. Brown breadcrumbs can be used, or a few currants or raisins added.



OATMEAL PUDDING

6 oz. *oatmeal*. $1\frac{1}{2}$ pints *milk*. 2 oz. *stoned raisins*. 1 oz. *chopped mixed peel*. 3 oz. *granulated sugar*. $1\frac{1}{4}$ oz. *butter*.

Bring the milk to the boil, sprinkle in the oatmeal, stir thoroughly and boil for 20 minutes. Then stir in the fruit and sugar. Put in a greased pie-dish, place the butter in knobs on the top and bake in a moderate oven for 1 hour.

BUTTERSCOTCH PUDDING

4 oz. brown sugar. 1 oz. butter.
1 egg. 1½ oz. ground rice. 1 pint
milk. 1 tablespoonful castor sugar.

Bring the milk to the boil, sprinkle in the ground rice and cook 20 minutes, stirring occasionally to prevent burning. Stand aside. Separate white and yolk of egg, beat the yolk lightly. Put the brown sugar and butter in a small saucepan and cook together until a little of the mixture dropped into a cup of cold water forms a sticky thread. Stir the mixture into the rice, and add the yolk. Pour all into a greased baking dish. Beat the white of egg until stiff (if you have no whisk the quickest way is with a knife on a large plate). Add white sugar to it, put on top of the pudding, bake in a moderate oven about 30 minutes until the meringue is crisp and light brown.



FRUIT MILK PUDDING

2 oz. seed pearl tapioca. 1 pint milk.
1 small tin sliced peaches. 1 table-
spoonful sugar. 1 egg.

Bring the milk to the boil, sprinkle in the tapioca, simmer for 20 minutes, add the yolk of egg. Put a layer of fruit in a pie-dish, then a layer of tapioca, then a layer of fruit, cover with tapioca. Whip the egg white stiffly, stir in the sugar, pile the white on top of the pudding, bake in a cool oven until the whipped egg is firm and slightly browned.



APRICOT PUDDING

1 pint milk. 3 oz. rice. 1 egg.
1 oz. sugar. About ¼ lb. dried
apricots. 1 tablespoonful apricot
jam.

Soak the apricots overnight. Simmer the rice in the milk until tender. Stir in the yolk of egg and the jam. Put the mixture in a greased pie-

dish. Whip the white of egg stiffly then lightly stir in the sugar. Put the apricots on top of the pudding, then spread the white of egg on the top. Bake in a moderate oven until the white of egg is crisp.



RICH RICE PUDDING

2 oz. ground rice. 1 pint milk.
1 dessertspoonful finely chopped suet.
1 oz. sugar. 1 oz. currants or raisins.
1 oz. mixed peel. 1 tablespoonful
marmalade, or jam.

Bring the milk to the boil, sprinkle in the ground rice and suet and cook gently for 20 minutes. Mix in the raisins, sugar, peel. Grease a pie-dish, put the jam in a thick layer at the bottom, add the pudding mixture, bake in a moderate oven for ½ hour.



HINTS ON MAKING MILK PUDDINGS

With large grains, like rice and tapioca, use 2 oz. to 1 pint of milk. Small grains like semolina, seed pearl tapioca, 1½ oz. to 1 pint of milk. But these proportions can be varied to suit individual tastes; some people like very firm puddings, others like them creamy. Unless the grain is boiled in the milk before the pudding is put in the oven, be sure to give your milk puddings long baking in a moderate to cool oven; at least 2 hours. With this basic knowledge, you can vary your baked milk puddings as you like. Try using various fruits, either on the top, at the bottom, or in layers in the pudding. Jam, shredded cocoanut, marmalade, currants, peel and raisins are other ingredients that give variety to baked milk puddings. When the oven is not in use, the milk pudding can be made in a saucepan over the gas-ring, poured into a greased pie-dish and browned for a few minutes under the griller.

NOURISHING DRINKS THAT "KEEP OUT THE COLD"

EGG FLIP

1 egg. $\frac{1}{2}$ pint milk. Piece of lemon rind. Castor sugar.
Beat the yolk and white of egg separately. Bring the milk to the boil with the sugar and rind. Allow to cool a little. Put the yolk in a large tumbler, pour in the hot milk, stirring well. Lastly, quickly fold in the white. (Do not let the rind fall into the glass.)



SAVOURY MILK

$\frac{1}{2}$ pint milk. 1 cube or one teaspoonful meat extract.

If using a cube, first melt it in a little water. Put meat extract in the milk, bring just to boiling point. Pour into a glass. It will be improved if whisked up with a small whisk in the glass.



BARLEY MEAL GRUEL

1 dessertspoonful barley meal. $\frac{1}{2}$ pint milk. Teaspoonful butter. Sugar or salt to taste.

Put the meal into a basin and stir the cold milk into it gradually to make a smooth liquid. Put into a saucepan, bring to the boil, stirring all the time. Add sugar or salt, according to taste. Simmer for 10 minutes. Put in the butter, let it melt, and serve.

CREAM SOOTHER

1 teaspoonful cornflour. 2 table-spoonfuls cream. Vanilla flavouring. $\frac{1}{2}$ pint milk. Sugar. 1 white of egg.
Mix the cornflour to a smooth paste with a little cold milk. Bring remainder of milk to boil, and pour in the blended cornflour. Simmer 8 minutes. Add sugar, vanilla essence, then stir in beaten white of egg. Lastly, add the cream, also lightly whipped.



TREACLE POSSET

$\frac{1}{2}$ teaspoonful treacle. 1 pint milk. Small piece ginger.

Put the ginger in the milk and bring to the boil. Stir in the treacle. When the treacle is well mixed with the milk, remove the piece of ginger. Serve very hot.



PEPPERMINT ZIP

$\frac{1}{2}$ pint milk. 3 drops of peppermint essence, or 2 crushed peppermints. Sugar.

Heat the milk but do not bring to the boil; stir in the essence, or crushed peppermints. Add sugar to taste.

SOMETHING FOR YOUR PARTIES!

CHOCOLATE CREAM SHAPES

1 pint milk. 2 oz. cocoa. $\frac{1}{2}$ oz. powdered gelatine. 2 table-spoonfuls cold water. Sugar to taste. $\frac{1}{2}$ pint cream. Glace cherries, angelica.

Melt the gelatine by placing it in a basin with the water and standing this in a saucepan of hot water. Blend the cocoa with the sugar, mix to a paste with a little cold milk.

Bring the rest of the milk to the boil, stir in the cocoa-paste, cook gently for 5 minutes. Let it cool a little, then pour it gradually on to the melted gelatine and stir until well blended. Lastly, stir in the cream, continue stirring until the mixture begins to set, put into wetted moulds and allow to set. Turn out when cold and decorate with glace cherries and angelica.

FRUIT CUSTARD FLAN

6 oz. plain flour. $1\frac{1}{2}$ oz. lard. $1\frac{1}{2}$ oz. margarine. 1 egg yolk. Dessertspoonful sugar. Water.

Blend the fats, but do not cream them. Cut into the flour with steel knife, then rub in with tips of fingers until mixture is like bread-crumbs. Beat yolk with sugar and bind the pastry with it to a stiff consistency; add water if required. Roll out lightly 1 inch larger than baking pan. Line the greased pan with pastry, prick the bottom to prevent rising. Bake in moderate oven 20 minutes. Turn out, and fill when cold.

FILLING FOR FRUIT FLAN

$\frac{1}{2}$ pint milk. Dessertspoonful sugar. Small tin canned fruit. 1 oz. cornflour. A few chopped nuts, glacé cherries, angelica.

Bring milk to boil. Make a paste of cornflour and a little cold milk. Add it to the boiling milk and cook slowly for 5 minutes. Add sugar. Allow to cool while you place fruit (drained) in pastry case. Pour over the custard, decorate with the nuts, cherries and angelica. Cream can be added if liked, whipped until stiff.



RASPBERRY FOOL

1 small tin raspberries. Raspberry jam. $\frac{1}{2}$ pint milk. 1 oz. cornflour. 1 egg. Sugar to taste. $\frac{3}{4}$ pint cream. Mix the cornflour with a little cold milk. Boil the rest and pour the creamed cornflour into it, stirring all the time. Boil 5 minutes. Beat the egg, add it with the sugar to the milk. Drain and mash the tinned fruit, mix with the milk. Pour into custard glasses and decorate with

spoonfuls of jam and whipped cream. A little pink colouring can be added to the milk mixture if necessary.



RAINBOW BLANCMANGE

2 pints milk. $2\frac{1}{2}$ oz. cornflour. 1 tablespoonful castor sugar. Colouring: coffee essence; cochineal; saffron-yellow; spinach-green. Vanilla or any other flavouring liked. Whipped cream to garnish, and a few chopped nuts.

Take one-third of all the ingredients (except colouring essences) and put aside. Take the rest and proceed as follows. Mix the cornflour to a paste with a little cold milk. Bring the other milk to the boil, add the cornflour paste and sugar. Cook gently for 10 minutes. Remove from the fire. Add flavouring. Pour into four separate moulds, stir one of the colouring essences into each and allow to set. Then with the $\frac{1}{3}$ rd ingredients set aside, make some more blancmange, leaving uncoloured. Leave it in the saucepan while you unmould the coloured blancmanges, cut them up into irregular chunks about the size of walnuts. Pour a little white blancmange into a wetted mould, put the chunks of coloured blancmange into the mould loosely, fill up with the white blancmange so that all the "cracks" are filled. Leave to set. Turn out. Decorate the top with whipped cream and chopped nuts.

NOTE.—Instead of the cornflour and colouring essences, this blancmange can be made with different coloured and flavoured blancmange powders, but in this case it is a little more trouble as each must, of course, be cooked separately.



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